

**Sunny Hills Invitational
9/27/2014**

Pl. 9:30 AM

2	Garza, Craig	18:12	17:45
7	Hedrick, Matt	22:41	22:35
5	Kwon, Chris	20:02	20:34
3	Lima-Sabatini, Mike	18:39	18:25
x	Lovest, Bryan	x	x
6	Phethean, Charles	22:14	22:29
x	Potenza, Nicholas	x	
1	Ron, Ian	17:42	17:16
x	Schaad, Koen	x	19:25
4	Thornburg, Chris	19:56	19:41

9th 204
pts

Pl. 11:30 AM Time

1	Freeman, Noah	16:49	16:34
4	Gibbons, Devin	18:19	16:53
x	Girgis, Giovanna	x	x
8	Kim, James	20:57	19:19
9	Moreno, Dominic	23:07	21:25
x	Nepesa, Elijah	x	19:30
6	Perez, Fernando	20:01	19:31
2	Ritchie, Hayden	17:16	16:38
8	Robert, Anthony	22:40	21:41
7	Shapen, Parker	20:31	20:01
3	Talbott, Hunter	17:39	17:26
5	Wallace, Parker	18:43	17:03
x	Wilch, Nathan	x	17:12
x	Wilch, Jesse	x	16:46

10th 237
pts

Just a couple of thoughts on the day. This was the first time all season where we ran a significantly tougher course than the 3 previous (flat) courses. I would argue that this was a true cross country course, and not necessarily a “road” race. There were plenty of up hills and plenty of down hills as well. I thought as a team, that we competed quite well. This was my first time coming to the Sunny Hills Invitational. I’ve run through Craig Park before in my junior college training run days, and I was here to watch the Empire League Finals one year as well. The meet was run well, results were provided quickly, on-line via EPI Sports, and the competition was strong.

Freshmen-

There were 26 teams that had runners in the freshman race. Of those 26 teams, only 15 were able to score (You have to have a minimum of 5 runners to score). We finished 9th overall as a team. You have to be pleased by this. Ron, Garza and Lima continue to run well, as all ran within 30 seconds of their best as well as medaled. 13th, 27th and 36th place respectively. As a freshman squad, we have a really strong 1-2-3. Over time, we need this number to grow to 4, and then 5, and so on and so forth. I see a lot of potential in this 9th grade squad, as Schaad is just a step off from making this trio into a quartet.

Chris Kwon really showed guts out there as he mustered up a significant 32 second PR on a tougher course. This means that he is ready to really bust a faster time at Century League Preview. I know breaking 20 minutes is the goal, and you’re so very close, but aim big. Shoot for sub 19. We have two very fast, very flat courses to run on at the end of the season. Keep pushing yourself in speed workouts and challenge yourself in practice every day.

Charles Phethean is getting in shape. Phethean joined the team a few weeks into the school year, but his natural ability are beginning to come through. He shaved off 15 seconds on a tougher course, and he unleashed a blistering kick to pass two guys at the end of the race. Fun fact, if you have a blistering kick at the end of the race, chances are you have more to give throughout the rest of the race. Everybody,

pay attention, because as Phethean begins to figure it out and get in shape, he will undoubtedly begin to gobble up all others that don't work as hard as he does. Three weeks in, and he's electing to ice bath after every practice, and roll out when rolling out is optional. It's doing the small things, and doing them right that is important. I thank you for your work ethic. Keep it going Phethean.

Sophomores

Although we ran without the Wilch twins, who have personal bests of 16:46 and 17:12, but were out of the lineup due to the PSAT Test, our sophomores still competed well.

Out of 27 teams, 18 ran with at least 5 runners, and our squad finished 10th place respectively. Led by medal finishers Freeman, Ritchie and Talbott (20th, 30th, and 45th), we attacked the hills and battled with the competition throughout it.

Devin Gibbons and Parker Wallace ran well for the circumstances. Although neither of them had very good summers of training, each of them has found themselves running varsity level times, (16:53 and 17:03). These times however, were run on fast, flat courses (Rosemead and Woodbridge). Each of these guys missed practice time this week, as Gibbons missed a day for band, and two days because he was sick. Wallace dropped a crate on his toe and a day later, there was so much pressure built up under the nail that he had to go to the doctor to get it cauterized and drained. Both of them still made the decision to run with their team on Saturday, and they gave their best. This is all that I could ask for.

There are a few lessons I want you guys to take away from this story.

Lesson number one: You still matter to the team. If both of you had not run today, we would not have beaten Harvard Westlake and Warren High School. **You can run when you're not 100%.**

Lesson number two: Summers are the most important part of the cross country season. Teams are made during the summer. With your sacrifice, and dedication to the team, **we could still be great.** We

could play the coulda/woulda/shoulda cards all we want, but the bottom line is, this sophomore squad has what it takes to be great. Had the two of you had better summers of training, the days you missed during training (sick, toe) wouldn't have mattered as much. Instead, every little hiccup that interrupts the training rhythm we're currently on has the potential to derail your season and your weekly progress. Every week is an opportunity to build your aerobic base. Every day is an opportunity to grow as an individual.

Athletes of the Meet-

Chris Kwon for a breakthrough performance and a solid PR on a tough course.